

## **ABSTRACT**

An exercise machine utilizing a new compression resistance device is disclosed. The machine is a “stepper”, meaning it is actuated by using a stepping motion by the user’s feet. The construction and design of the exercise device is that activation twists the body in a manner to emulate skiing. Resistance is provided by a compression resistance mechanism. Compressible cylinders are positioned coaxially on a rod between two blocking bodies. As the machine is actuated, the rod is pulled through one of the bodies, thereby compressing the cylinders. The resistance mechanism is suitable for other applications than the disclosed exercise device..

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